



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09420, Jackfruit, canned, syrup pack

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.28	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Energy	kcal	92	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Energy	kJ	385	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.36	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Total lipid (fat)	g	0.14	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Ash	g	0.28	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Carbohydrate, by difference	g	23.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Fiber, total dietary	g	0.9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Minerals													
Calcium, Ca	mg	44	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Iron, Fe	mg	0.29	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Magnesium, Mg	mg	10	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	6	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Potassium, K	mg	96	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Sodium, Na	mg	11	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Zinc, Zn	mg	0.11	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Copper, Cu	mg	0.050	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Manganese, Mn	mg	0.078	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Vitamins													
Vitamin C, total ascorbic acid	mg	0.5	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Thiamin	mg	0.033	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Riboflavin	mg	0.036	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Niacin	mg	0.677	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Pantothenic acid	mg	0.072	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Vitamin B-6	mg	0.044	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Folate, total	µg	14	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	14	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/1996
Vitamin A, RAE	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	2	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1996
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1996